



Teamwork Fun Challenge

Category: Warm-ups

Difficulty: Beginner | Start Time: 10-Jan-2025 21:40h

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Description

GOAL: Work as a team to complete a task involving the ball.

PLAYER ACTIONS: Working in group of 4, work to keep the ball up and avoid dropping it while moving as a group.

KEY QUALITIES: Being able to make adjustments as a team. Provide each other with instructions to one another to complete the challenge.

SKILL ACQUISITION: Team Work: Being comfortable to give each other instructions to help complete the challenge; being able to make adjustments as a team; **Communications:** Being able to communicate in a way that is supportive of each other; **Movement:** Being able to balance the ball on top of the head and move as a group; being able to do progressive movements as a group while also keeping the ball balanced on top of the head.

Challenge Set-Up (5 mins)

OBJECTIVE: Working in teams of 3 or 4 (depending on numbers; teams of 4 is more ideal), the team will move from one side of the playing area to the other while having a ball that must be balanced on top of the heads of the team members in the group.

PLAYER ACTIONS: Players will work as a team and help each other move from one side of the playing area to the other while maintain a ball on top of their heads; ensuring that they do not drop the ball.

DURATION: 10-minutes (2-minutes for set-up and explanation; 2-mins per progression)

ORGANIZATION: Set up a start and end that can range from 20-meters to 25-meters. In groups of 4, players will face each other and place their arms around the shoulders of the players on either side of them, faces facing inward. Coach will place one (1) ball on top of their heads. When all teams are set-up, coach will give a command to start. Players will move as a group from one side of the playing surface to the other without dropping the ball. If the ball is dropped, the team must run back to the start and start again.

PROGRESSION ACTIVITY 1: Players will move as a team to the other side AND back to win the round without dropping the ball. If the ball is dropped, the team must start from the side they started from either at the beginning, or from the other side if they reached the other side and dropped the ball on the way back to the original start position.

PROGRESSION ACTIVITY 2: Once players reach the end, they then must go on their knees as a team without dropping the ball. If the ball is dropped, they must stand up and try again until they can all get to their knees without dropping the ball.

PROGRESSION ACTIVITY 3: Same as Progression Activity 2, however, once the team is on their knees, they then must place the ball in the middle of a set of 4-cones as the final target for the ball. If the ball does not rest within the target, the team stands up and tries again until they complete the challenge.

RULES: Players are not to stop the ball with their hands from dropping. Arms must remain on the shoulders of their teammates at all times.

KEY WORDS: Work as a team. Help each other out by giving each other instructions.

GUIDED QUESTIONS: What is the purpose of this challenge?

ANSWERS: Have fun as a team. Soccer is not just about positions, scoring, defending, etc. It is also about being together as a group and having fun with a soccer ball.

Note: Depending on the age of the players, the coach may have other progressions that they may want to introduce such as picking up cones as a group while keeping the ball balanced, or getting over a hurdle without dropping the ball, rally race where there is a ball on top of the team's head and there is a ball at their feet that they must move to the other side of the playing surface and give it to another team as a hand-off, etc. There are several things that can be introduced into this challenge drill to elevate the complexity and have fun.

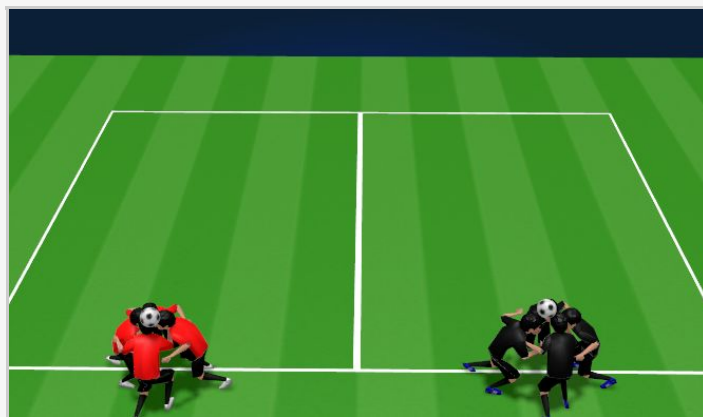


Learning Objectives

	Technical (20%) - Balancing the ball on top of head;
	Tactical (20%) - Learning to make adjustments based on the ball
	Physical (20%) - Balance; - Coordination; - Moving side-w ays, backw ards; - Crouching; - Micro-movements to make subtle adjustments
	Psychological (20%) - Success on completing the tasks; - Having fun w ith the challenge
	Social (20%) - Open communication to teammates; Team w ork to complete the challenge; Having fun competing against other team-mates in other groups

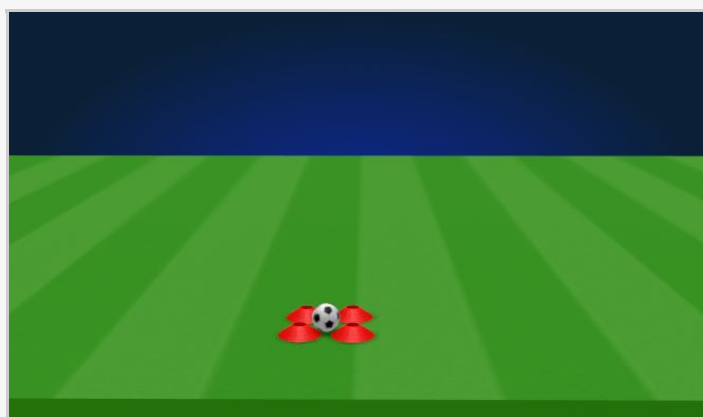
Challenge in Motion

NOTE: As the teams move across the playing area, if the ball comes off the heads of the team, as shown with the black team, then the team runs back to the starting position, replaces the ball and moves down the playing area again.



Progression Example

PROGRESSION ACTIVITY 3: This is the example of Progression Activity 3 for the set-up and where the ball must come to a rest while players are going to their knees and placing the ball down. If they drop the ball while not close enough to the ground, there is a risk of the ball bouncing out of the cones and the team will need to try again.



Progression Example

PROGRESSION ACTIVITY 3: This is the example of the ball resting inside four (4) cones that are grouped together.

